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ANDREW VAUGHAN/THE CANADIAN PRESS

## HALIFAX GETS COUNTRY

NOVA SCOTIA'S DEAN BRODY WINS  
VIDEO OF THE YEAR AT THE CCMA  
AWARDS AT SCOTIABANK CENTRE

More coverage in metroNEWS



## Route to somewhere

PURCELL'S COVE

### Residents rally to save transit link to Halifax

Heide  
Pearson  
For Metro | Halifax

The people of Purcell's Cove are taking matters into their own hands in an effort to save their primary route in and out of Halifax.

Nearly 100 people were at the Purcell's Cove Social Club on Sunday at a rally to show support for Halifax Transit's Route 15.

"Hopefully people will start using the bus more and we can convince city council and Halifax Transit to keep the bus running," said resident Geoffrey Grantham,

a frequent user of Route 15.

With the recent changes announced for Halifax Transit, some routes are being altered or eliminated, and one of those proposed changes is the 15.

Grantham says that cancelling the service would affect about 500 homes in the area.

"(The demographic) is really varied; there's seniors who need it ... there's working people who need it," he said.

MLA Brendan Maguire was at Sunday's rally showing his support.

"The 15 and the 20 are the two lifelines to this community," said Maguire.

Grantham also says that removing the bus route will mean fewer people coming to see sights like the

Purcell's Cove Backlands, Purcell's Cove Conservation Lands and York Redoubt.

“  
There's lots of good  
reasons to keep  
the bus going.”

Geoffrey Grantham



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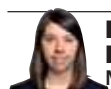




# Neighbours subdue suspect

COWIE HILL

**Man allegedly approached children at a nearby park**



**Haley Ryan**  
Metro | Halifax

Residents of a Cowie Hill neighbourhood joined together on the weekend to subdue a man they say was frightening young children.

On Saturday, Deanie Whittle said her daughters Kelsie and Chloe Acker, both 10, were at the nearby playground on Bromley Road around 6 p.m. when a man approached and said he wasn't "from around here," before asking them to come to his house.

"He reached out his hand to try to touch them. He tried to hug one," Whittle said Sunday afternoon in her kitchen, the twins at the table and her other daughter Ashley Acker beside her.

"It's so scary to know that they were outside and something like this happened."

Whittle said the man kept following them and hid behind bushes, so the 10-year-olds ran to a friend's house until he passed out of sight, then up the hill to their home.

Once she heard what had happened, Whittle said she and another male neighbour "flew down" to the playground and looked around the area until



Deanie Whittle, second from the left, stands with her children. From left: Chloe Acker, 10, Kelsie Acker, 10, and Ashley Acker. JEFF HARPER/METRO

they found a young man by Ridgeway Towers on Ridge Valley Road.

When they approached the man, Whittle said he threw up his hands and kept repeating he was "looking for Shirley Street" and didn't know where he was.

The man appeared to be under the influence of drugs and alcohol, Whittle said, since he had a

blank stare and she could smell liquor on him.

The male neighbour then pushed the suspect to the ground, Whittle said, where he sat on him for 10 minutes until the police arrived.

"We wanted to make sure he didn't go anywhere," Whittle said.

Quite a crowd had gathered

at that point, Whittle said, and multiple people took the man's photo, including Ashley, who posted it to social media to warn others about the incident.

By Sunday evening, the post had 132 likes and over 2,600 shares.

"If the kids did the wrong thing and they maybe grabbed his hand, he could have taken

any of them," Whittle said.

Whittle said others spotted him driving in a white van in the area last week, while another child also had him approach her Saturday by pointing at a window and asking if that was her bedroom.

Halifax Regional Police said they arrested a 21-year-old man on Ridge Valley Road Saturday

after reports stated he was acting suspicious around children.

Staff Sgt. Barb Saunders said the suspect urinated in public, and has been charged with causing a disturbance.

When asked if the suspect was trying to lure the children, Saunders said no, and "that hasn't been determined."

The investigation is ongoing.

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# CCMA hardware in Halifax

## MUSIC

### Dallas Smith takes coveted Album of the Year for Lifted

Canada's reigning king of country, Gord Bamford, proved once again why he wears the crown as the Canadian Country Music Association Awards returned to Halifax on Sunday for the first time in 33 years.

Bamford was the night's big winner, taking home three awards including Male Artist of the Year and Songwriter and Single of the Year for his song "Where a Farm Used To Be."

The 39-year-old Bamford, who was born in Australia but moved to Canada as a young boy, said he attributes his continued success to his hard-working attitude, instilled by his family upbringing in Alberta.

"I was always taught to work really hard and be very respectful to people, but told that when you go do something, try to do it at the best of your ability. That's all I've tried to do," said Bamford in an oversized black cowboy hat, just after debuting his new single "Don't Let Her Be Gone" for thousands.

"I really didn't expect any of this tonight ... I'm actually really shocked that I'm standing up here, but at the same time, every time it happens it's the best thing ever. It never gets old."

It's the third year in a row Bamford has cleaned up at the awards — he won Male Artist of the Year and Single of the Year honours in 2014.

For his first CCMA ever, former Default rocker-turned country singer Dallas Smith took home the coveted Album of the Year award for Lifted.

"I'm pretty proud of the songs we recorded," said the 37-year-old British Columbia



Gord Bamford performs at the Canadian Country Music Association Awards in Halifax on Sunday. Bamford won in three categories, including male artist of the year. THE CANADIAN PRESS

native, who opened the show with a rousing rendition of his song Cheap Seats with help from a local drumline.

"To take home that big award and it be my first one, I'm happy it's happened this way."

Jess Moskaluke, 25, won Female Artist of the Year for the second year in a row. The pop-country singer from Lanenburg, Sask., is gearing up for the release of her new EP Kiss Me Quiet later this month.

"I cannot believe that this happened," said an emotional

Moskaluke in a floor-length red dress as she accepted the award. "You have no idea how much this means to me as a girl from small town Saskatchewan."

The Nova Scotia-based Dean Brody, who was poised to win big having received seven nominations, won Video of the Year for Upside Down.

The 40-year-old B.C.-born singer, who moved to Nova Scotia six years ago after a stint in Nashville, said it felt great winning the award in his new home.

"We really feel embraced by the East Coast community," said Brody, whose young family currently lives in Windsor, N.S., but will soon move to the Halifax area. "It's just a great community and it suits me as a person. I'm hoping we're here to stay."

Scottish-born veteran vocalist Johnny Reid claimed the fans' choice award for the sixth time in the past seven years. He said being recognized by the people who listen to your music is an honour.

THE CANADIAN PRESS

## + 2015 CCMA AWARD WINNERS

**Fans' Choice Award**  
Johnny Reid

**Album of the Year**  
Lifted - Dallas Smith

**Female Artist of the Year**  
Jess Moskaluke

**Male Artist of the Year**  
Gord Bamford

**Group or Duo of the Year**  
High Valley

**Single of the Year**  
Where A Farm Used To Be - Gord Bamford

**Video of the Year**  
Upside Down - Dean Brody

**Rising Star**  
Madeline Merlo

## FREE PERFORMANCES

# Fans flock to Cunard Centre

**Heide Pearson**  
For Metro | Halifax

There might not have been Cadillacs but there were certainly a lot of guitars and even a little "hillbilly music" at this year's Canadian Country Music Week Fan Fest at the Cunard Centre in Halifax on Saturday.

Fan Fest is a free event that happens every year during Canadian Country Music

Week and this year's event featured a full afternoon of acoustic performances from award winning country acts such as Dean Brody, Tebey and Mackenzie Porter.

Fans at the Cunard Centre went wild, singing along to every word of the songs, clapping with the artists, and some crying.

"Connecting with our fans is so important, it's why we do what we do," Dean Brody said before taking the stage.

Canadian Country Music

**“It's great to be able to play for my fans locally.”**

Dean Brody

Week began in Halifax on Thursday, and events have brought out major crowds, but the crowd at Fan Fest was a little different for some of the artists.

Mackenzie Porter wasn't

expecting such a big turnout. "This is my favourite thing of the weekend," said the musician and actress.

"I think this is literally why I do everything that I do, is to play for these people," Porter said.

Country music fans of all ages had the chance to meet and snap a photograph with their favourite musician after their performance.

"It's great to be able to play for my fans locally," said Brody.



Dean Brody and Paul Brandt perform Saturday.

HEIDE PEARSON/FOR METRO



ATLANTICA HOTEL

## Men rob teenage girl at gunpoint

Police have three men in custody after a 16-year-old was robbed at gunpoint inside a Halifax hotel room Sunday morning.

According to Halifax Regional Police, the robbery took place at the Atlantica Hotel at the corner of Quin-pool Road and Robie Street around 2:50 a.m.

The girl came to the door after hearing a knock, Staff Sgt. Barb Saunders said Sunday.

Three men entered the room and began searching through her belongings, one

of them carrying a handgun, the victim said.

Saunders said the men left with electronics.

The 16-year-old was in the hotel room with another woman, Saunders said, but did not state her age.

There were no injuries from the incident. METRO

### + BACKGROUND

Police could not say whether the victim knew the three men.

WILLIAMSWOOD

## Weapons complaint results in charges

A 31-year-old Halifax man is facing multiple charges after a weapons complaint in Williamswood.

Just after 11 a.m. Saturday, Halifax Regional Police responded to a report of a man with a firearm in the driveway of a residence in the 100 block of Moody Drive.

Officers arrived and took

two men — who were in the driveway — into custody.

Police later executed a search warrant at the residence, and charged the 31-year-old man with possession of a weapon for a dangerous purpose, possession without lawful excuse of a Molotov cocktail, and possession of an incendiary device. METRO

### IN BRIEF

#### Man stabbed in neck during argument in Dartmouth

A 50-year-old man is in custody after a 21-year-old man was stabbed in the neck in Dartmouth, Halifax police said.

Around 3:10 a.m. on Sunday, Halifax Regional Police responded to Lahey Road after the stabbing victim reported the incident after he had made his way home.

Staff Sgt. Barb Saunders said the victim had been involved in an argument with another man on Alfred Street near Catherine Street when he was stabbed in the neck.

The victim was taken to hospital for treatment of non-life-threatening injuries, and remains in hospital, police said.

METRO

# They are Canadian

CANOOK

## Clothing store offers patriotic feel, reignites fashion trade



**Zane Woodford**  
Metro | Halifax

Twist around and pull out the tag on your shirt.

What's it say? Made in Bangladesh? India? Vietnam, maybe?

A new clothing store in Halifax wants to change that. Canook on Barrington Street will sell nothing but Canadian-designed, Canadian-made clothing.

"It's all about kind of reinforcing and reigniting the Canadian fashion industry, and supporting the individuals that are working hard and not getting the same margins out of it, but just doing it because they love it," said owner Max Schaper.

Halifax-born-and-raised Schaper has long been wary of big brands that push their allegiance to Canada — or certain regions in Canada — but don't actually manufacture their clothes in any of its provinces or territories.

"You go and you buy that kind of stuff and it says Canada this and Canada that, but you're not really supporting Canada by purchasing that; you're more so just supporting the individual," he said.

**"You go and you buy that kind of stuff and it says Canada this and Canada that, but you're not really supporting Canada by purchasing that."**

Max Schaper, owner of Canook



Store manager Jenn Foster, left, owner Max Schaper and retail buyer Christina Beazley will sell nothing but Canuck-made goods at their new boutique. ZANE WOODFORD/METRO

Canook is a different story.

Its flagship store is like the picture next to the definition of 'Canadiana' in the dictionary: exposed wooden beams, stone on the walls, old plumbing for clothing racks and a chandelier made of antlers — all put together by a carpenter from Chester.

And they've got the insu-

lated and plaid-clad product to back that appearance up.

They're selling brands such as Montreal's Naked and Famous Denim and Moose Knuckles Outerwear, or Toronto-based 18 Waits that keep their entire process within Canada's borders.

Canook's retail buyer, Christina Beazley found some of the brands by searching the hashtag #MadeInCanada on Instagram and seeing what popped up.

She used to work at a "fast fashion" retailer — think H&M or Forever 21 — and finds that people feel more connected to their clothes if

they know where they came from. She added the staff at Canook will be well-trained on the back story of every brand they carry.

Schaper might have a hard time letting his staff run the show though; he will be living right upstairs.

### + OPENING DAY

Canook is to open at 1669 Barrington St. on Sept. 21, and Schaper has hired four or five staff, along with Beazley and store manager Jenn Foster.



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# Sharing the love, compassion

## MENTAL HEALTH

### More than 200 take part in annual suicide prevention walk

**Heide Pearson**  
For Metro | Halifax

Laura Fowler was wearing her son Jackson's shoes, and a shirt with his picture on it.

She was also carrying a photograph of him that was half her size.

The Kentville mother was one of about 200 people who took to the streets on Sunday for the annual Halifax Walk for World Suicide Prevention Day (WSPD).

"Jackson's death, and his obituary going so viral, touched so many lives that it put me on a new journey with my son," she said following the march. "I want to share the love and compassion."

Laura's 20-year-old son Jackson killed himself on June 3 near their home in Kentville.



Laura Fowler holds a photo of her son, Jackson, during the Halifax Walk along Spring Garden Road on Sunday. JEFF HARPER/METRO

Since then she has been trying to raise awareness of the reality of his death and his ongoing struggle with mental illness, even writing her own

obituary for Jackson that has been read across the world.

Taking part in the WSPD walk on Sunday was another way to share her son's story

and help others.

"People who actually suffer from mental illness cannot be alone; (they) can talk about it. You have to talk about it, and

feel free with that," Laura said.

As she remembers her son she gets goosebumps on her arms. She says she always feels him with her.

66

**I hope that people are going to take away hope and also connection.**

Laurel Walker, Halifax  
WSPD founder

This is the ninth year for the Halifax Walk for WSPD. Founder Laurel Walker started the event after her friend, Emily, killed herself. This year's walk saw almost 200 people come out to remember loved ones and support family and friends.

Walker has battled with depression and suicidal thoughts herself, and says resources in Nova Scotia are lacking. She hopes the walk will bring mental health to the forefront.

"Nova Scotia is able to be a leader in changing how we deal with mental-health resources and programs," said Walker.

"I'm advocating for the province to be a leader in doing that."

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Kate MacNeil shovels soil at the Common Roots Urban Farm on Saturday as part of Dalhousie Community Day. HEIDE PEARSON/FOR METRO

# ‘Giving back to the community’

## URBAN FARM

### Students volunteer for Halifax organizations

Heide Pearson  
For Metro | Halifax

For Kate MacNeil, a tired back and muddy shoes are nothing when she considers how her afternoon of hard work will improve the Common Roots Urban Farm.

MacNeil was at the farm Saturday as part of the Dalhousie Community Day, which gets students out in the community volunteering with different organizations.

“It feels great just knowing that there’s gonna be so many people you’re gonna be help-

ing at the end of the day, for just donating a few hours of one day,” said MacNeil.

Dalhousie has been holding the event for eight years, giving students the opportunity to become familiar with their new home as well as a sense of involvement.

This year, students volunteered at Common Roots Urban Farm, Discovery Centre, YWCA and Mothers against Drunk Driving, helping in whatever way each organization needed.

At Common Roots, about 15 students were working to extend the flower farm and make way for a path to allow wheelchair access to certain parts of the garden.

“These sort of big jobs just don’t happen with our (small) volunteer base,” said Jayme Melrose, Project Co-ordinator of Common Grounds. “So having a big group to do the big

“It feels great just knowing that there’s gonna be so many people you’re gonna be helping.”

Kate MacNeil

jobs is amazingly, it’s amazingly helpful.”

MacNeil, who’s in her second year studying health promotion, was at the urban farm for last year’s Community Day and wanted to come back again this year.

“I really love that it’s a great place for the community to come as well as patients at the hospital and it’s therapeutic for the patients as well as giving back to the community in ways of healthy eating and a safe place to come to relax.”

## SOLIDARITY

### Protesters in Halifax taking part in Harperman sing-along

Protesters in Halifax are set to take part in a cross-Canada anti-Harper sing-along next week.

In Grand Parade on Thursday at 5 p.m., Mike Chandler with the SolidariGLEE protest choir will lead a sing-along of Harperman, a protest song written by Ontario folksinger and scientist Tony Turner.

The sing-along is planned for 34 cities across the coun-

**575,000**  
The video, posted in June, has more than 575,000 views on YouTube.

try on Thursday from British Columbia to Newfoundland.

The song lists what Turner

considers to be Harper’s failures as prime minister, including his government’s record on climate change, his denial of the need for an inquiry into murdered and missing Aboriginal women, and disrespect for the democratic process.

Turner was placed on leave with pay from his job at Environment Canada last month after the song became an Internet sensation. METRO

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# Keep calm, zombie on

Normally a man with an axe in the side of his neck would make people stop and help someone, not pause and take a selfie with him. Unless, of course, he was an extremely well-made-up participant of the annual Halifax Zombie Walk.

**JEFF HARPER** METRO



**VENGEFUL ROAMERS IT'S OVER!** An undead bride was one of the sights on Barrington Street as part of the annual Halifax Zombie Walk on Sunday. ALL PHOTOS BY JEFF HARPER



More than 100 of undead enthusiasts took to the downtown core Sunday to parade around their zombie pride starting from Cornwallis Park in the early afternoon.

Some were dressed as Tim Hortons workers, a construction crew and even a family of zombies, complete with a zombie chihuahua.

The annual event can give bystanders quite the shock if you aren't prepared for it — but most took pictures and enjoyed the display of fake blood and prosthetic skills.

This year's event saw the addition of a zombie walk after-party and awards in several different categories of gore, including best family.

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# Chase the Ace is 'off the map' in Inverness

## GAMES

## Thousands visiting former mining town

The Inverness Chase the Ace has gone past being a game with a huge jackpot — it's become a cultural phenomenon.

On Saturday, an indeterminate number of people once again flocked to the small west-

ern Cape Breton community where they collectively spent more than \$940,000 on tickets.

"It's off the map" said local resident Breton Doyle. "Whoever thought that Inverness would ever be this busy?"

"They started arriving early in the morning and there were people and lineups all over town — it's amazing, I can just sit on my step and watch the madness."

Gloria MacPherson, who also lives in Inverness, has not missed a Chase the Ace Saturday since it began 46 weeks ago.

"We're just enjoying it while it lasts — it's good for the town and it's been really exciting," said MacPherson, who got so wet waiting for the legion hall to open that she had to go home for a change of clothes.

Indeed, anyone who thought the wet weather would affect the number of people travelling to Inverness on Saturday would



Wet weather did not deter ace chasers Saturday. CAPE BRETON POST

have been mistaken as there were more than ever.

Earlier this summer, organizers of the charitable competition opened up the community arena once the Inverness legion was unable to accommodate

the increasing number of ace chasers.

Since then, each Saturday has seen the former mining town besieged with thousands of people, so many that the RCMP instituted parking re-

strictions and had officers positioned all over the community directing a flow of traffic that would have been unimaginable just a couple of months ago.

Organizers also received permission from the province's gaming authority to sell tickets for five hours, up from three hours last week and two hours each week prior to that.

"Are there more people here this week or are they just spending more money?" asked an overwhelmed volunteer after hearing how much had been spent on tickets.

Chase the Ace is the game of chance, which involves finding the ace of spades in a deck of playing cards.

While there was no accurate method in place to count all the people visiting, rough estimations put the number well into the thousands.

CAPE BRETON POST & THE CANADIAN PRESS

## FUEL SHORTAGE

## Province chooses leaders of review

Nova Scotia has named two people to carry out a review of the province's fuel supply system.

Municipal Affairs Minister Zach Churchill says Doug Keefe, a former deputy minister, and Alphonse MacNeil, a former RCMP commanding officer, will lead the inquiry.

The review was announced last week after a gasoline shortage spread across the province.

Churchill said it will look at how the fuel supply management system failed and what improvements are needed to avoid a repetition of the shortages.

It will also look at ways the industry communicates with the province on fuel supply levels.

The review will include the supply of gasoline, diesel and home heating fuel.

It is due in November.

THE CANADIAN PRESS

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Mr. Yoyothrower (Jeremy McKay) does some tricks during a Mingle on Argyle Street in August. The shared streetscape pilot project has been very successful. JEFF HARPER/METRO

# Surgery for streetscapes

## PLANNING

### Argyle and Grafton could become open thoroughfares



Stephanie Taylor  
Metro | Halifax

Two of Halifax's most popular downtown streets could be receiving a facelift unlike any renovation seen before in the heart of our city.

The city has issued a request for proposal seeking a consultant to design and price out what it would cost to transform Argyle and Grafton Streets into what's known as a shared streetscape.

Jacob Ritchie, urban design manager with HRM, explained that simply put, a shared street is one designed to offer easy access to all forms of multimodal transportation from walking and cycling to a more open area for those with mobility issues to commute and, of course, vehicles.

Residents need to look no further than the current shared streetscape pilot underway on Argyle between Sackville and Blowers streets, which Ritchie applauded as a success story.

"It does fly in the face of some of the standard old rules for how we design and use streets," he said in an interview.

The pilot itself helps people envision what downtown could

## + TIMELINE

Jacob Ritchie said the consultant's design and costing would be presented as a business case before regional council for project approval in January.

be, and, looking ahead to the completion of the Nova Centre, both Argyle and Grafton Streets will require various infrastructure improvements, Ritchie said.

Given both streets proximity to public amenities such as the waterfront and Grand Parade, he said creating a shared street will allow for people to travel to and from these areas with "some joy and some comfort."

"That's really important for welcoming people to our downtown and to our city."

According to the proposal documents, the city is asking for a shared streetscape design to be mapped out along Argyle Street, between Blowers and Prince Streets, then onto Prince Street along Grafton Street, then onto a section of Carmichael Street.

The design is asked to feature a variety of elements, including no curbs and wider sidewalks, along with new street lights, trees as well as benches and other fixtures.

Design renderings for both streets also show a canopy of lights over hanging Argyle and ample patio space along Grafton.

## OH, BOY

# Officers help deliver baby



## The baby wasn't wasting any time.

Police news release

Halifax police seem to be bursting with pride after four officers helped a woman make an extra special delivery.

According to a release posted Friday, police said a 911 dispatcher answered a call only to hear the sound of someone groaning on Tuesday around 5:40 a.m.

Three male and one female officer responded to the scene where they found a woman, who was eight-and-a-half

months pregnant, lying on the ground in labour.

"It was also very apparent that the baby wasn't wasting any time making an entrance into the world," Friday's

release read.

Police said after calling for an ambulance, one of the officers dropped to the floor in order to slide his knees under the woman's back to prop her up, while the female officer monitored the woman's contractions.

Meanwhile, another of the male officers grabbed pillows and blankets to ensure the she was comfortable until her new baby boy arrived. METRO

## IN BRIEF

### Masked man robs bank

A bank in Fall River was robbed Friday evening.

Both the RCMP and Halifax Regional Police responded to the Credit Union on Highway 2 around 5:50 p.m. after a masked man entered pointed a gun.

The bank was closed. None of the employees were injured. The man fled on foot with cash and has not been found. METRO

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# CANADA WIDE CLEARANCE

14 Monday, September 14, 2015

Canada **metr NEWS**

## RED CROSS

### Quebec to send aid, supplies to Germany

The Quebec government says the province will send 5,000 camp beds and blankets to Germany to help Syrian refugees in that country.

Public Security Minister Lise Thériault says the Red Cross requested the beds, which are left over from the ice storm that hit Eastern Canada in 1998.

The beds will be distributed through the Red Cross in Germany, where about 6,000 people are arriving every day, according to the Director of the Canadian Red Cross' Quebec division.

The donation is valued at around \$1 million.

THE CANADIAN PRESS

## + ACCEPTANCE

The Quebec government announced it would like to triple the number of refugees it accepts this year to 3,650.



**Mai Eilia, who came to Canada from Syria in 2013, now lives in Vancouver and works at an advertising agency.**

DARRYL DYCK/THE CANADIAN PRESS

## Newcomer 'one of the luckiest'

### metr The Syrian Crisis Canada Reacts

#### Woman reflects on her escape from strife, new life in B. C.

Mai Eilia asks one question when she sends Facebook messages to friends in her war-ravaged homeland of Syria: "Are you still alive?"

"When you ask someone you know this question, you know how bad it is," she said from her apartment in downtown Vancouver. "Are you still alive? Barely. They're barely alive."

In contrast to the crowds now trying desperately to reach freedom, Eilia easily claimed asylum two years ago using a tourist visa to enter Canada.

"I'm one of the luckiest people you will ever find in the whole world, seriously," she said.

Canada's response to the Syrian refugee crisis has only re-

cently become a major issue, as other countries grapple with the same challenge.

Since civil war broke out in 2011, more than four million Syrians have escaped. Canada had resettled 2,374 people as of late August, according to Citizenship and Immigration Canada.

Eilia nearly forgot she had a golden ticket.

The conflict erupted at the same time she was suffering her own crisis — divorce and the end of an employment contract in Dubai.

All she wanted was the comfort of her family in Aleppo, her hometown and Syria's largest city. Instead, Syrian President Bashar Assad's regime threatened the life of her father, an activist with the banned, left-wing Democratic People's Party.

"Our house was abandoned, my mom and dad had left the city. I had no one there," she said.

But somehow — she'll never know how — she had obtained a valid Canadian tourist visa,

“

**I'm not political, but I understand that there's a war and someone has to do something about it.**

Mai Eilia

granted in 2012 when many of her friends and relatives had been denied.

Eilia was accepted into Canada through Montreal's airport in December 2013 and immediately applied for asylum. She then became the conduit for her brother, sister and two nephews to make the same claims. She expects her permanent residency in about one year.

Eilia said she's angry about the crisis because countries with power to act remain silent about what caused it — the war.

THE CANADIAN PRESS

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# Refugees dominate election

ELECTION 2015

## Tories dealing with another trial involving top Harper aide

Party leaders are attempting to shift the public's focus to domestic issues including taxation and health care, as another week of campaigning in the federal election begins.

But questions surrounding Canada's role in alleviating the refugee crisis in the Middle East continue to dominate headlines.

And the trial this week of a former top aide to Conservative Leader Stephen Harper accused of influence-peddling could also cast a pall over the campaign.

But the Tories will be doing everything they can to cast light on their fiscal record while in office as the Finance Department unveils year-end figures for fiscal 2014-15, which could show that the government was on track to



NDP leader Tom Mulcair speaks during a campaign stop at Spanish Banks Beach Park in Vancouver, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

balance the budget.

Last month, the department reported a \$5-billion surplus for the April-June quarter, though Harper's opponents said that data was not up to date.

Harper repeated his party's pledge to lower small business tax rates during a campaign

stop in Ottawa's west end Sunday, where he attacked the Liberals and New Democrats over their proposed tax plans.

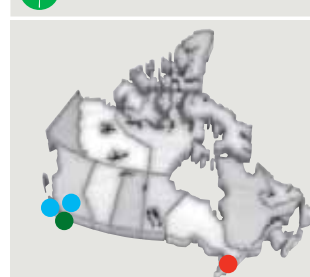
While campaigning in Vancouver, where his party hopes to make gains on Oct. 19, the NDP's Tom Mulcair announced that a government under his

leadership would spend \$1.8 billion over four years bolstering health care for seniors.

The NDP is hoping to frame week seven of the 11-week campaign around health ahead of the next leader's debate on Thursday in Calgary.

But it was Mulcair's promise

## WHERE THE LEADERS ARE MONDAY



• **Stephen Harper** will be in Kamloops and Burnaby, B.C.

• **Justin Trudeau** will be in Toronto.

• **Elizabeth May** will be in North Saanich, B.C.

Tom Mulcair's itinerary was unavailable.

to help Syrian refugees that had some of his party's supporters calling for even greater action.

Many New Democrats are urging their party to increase its election commitment to resettle 46,000 people over four years to as high as 100,000.

An emotional debate over how best to help some of the four million refugees who have fled fighting in Syria was fuelled earlier this month by the images of a dead three-year-old boy from Syria washing up on a Turkish beach.

In the meantime, former Harper senior adviser Bruce

Carson goes on trial Monday in an Ottawa court on one charge of influence-peddling, related to his work with a company that was trying to sell water-filtration systems to First Nation reserves.

The Carson case follows on the heels of the trial of Sen. Mike Duffy, which forced the Tories off of their message at the beginning of the campaign in August.

Carson has pleaded not guilty to the influence-peddling charge, as well as other accusations of illegal lobbying.

THE CANADIAN PRESS

## SOVEREIGNTY

# Chretien backs Trudeau, slams Mulcair on Quebec

Liberal Leader Justin Trudeau enlisted the support of former prime minister Jean Chretien on Sunday to brush up his economic bona fides and accuse the NDP of wanting to make it easier to break up the country.

Both Trudeau and Chretien told a rally Sunday in Hamil-

ton that an NDP government would repeal the Clarity Act, which says any referendum requires a clear question and clear majority for separation.

Trudeau said NDP Leader Tom Mulcair believes a single vote — 50 per cent plus one — should decide whether Canada

remains united, thereby resurrecting the ghost of a divided Canada not seen since the 1995 vote on Quebec secession.

"The divisions that referendum (sewed) and the pain that it caused Canadians must not be repeated," said Trudeau, standing alongside Chretien.

"Mulcair? He wants to roll the dice. He wants to put separation back on the table and turn the clock back 20 years, which means all of Thomas Mulcair's experience in politics has simply taught him one thing: to play politics with anything and everything, in-

cluding the unity of this country, to gain a few votes from separatists."

Mulcair has dismissed such criticism, saying he has fought for a united Canada his whole life but that the Clarity Act doesn't spell out what constitutes a majority. He recently

said the Clarity Act is not a high priority for him and challenged Trudeau to say what his threshold for separation would be.

Trudeau wouldn't say what would constitute a "clear majority" when asked by reporters Sunday. THE CANADIAN PRESS

## IN BRIEF

### Feds investigate beluga whale-riders

The federal Fisheries Department is investigating reports that people in eastern Newfoundland have been trying to lasso and ride a beluga whale that has been frequenting the area around Grates Cove. THE CANADIAN PRESS

### Quebec bar president suspension settled

Lawyers say the Quebec Bar association and its president have reached a settlement agreement in the court battle over her suspension.

Lawyers for Lu Chan Khuong did not disclose details of the agreement, but said both parties would issue a joint statement on Tuesday. THE CANADIAN PRESS

## MARIJUANA

# Pot producers hope for prohibition's end

Medical marijuana producers are bracing for the possibility that Canadians could elect a new government this fall — a change that could accelerate the already breakneck pace of growth in the burgeoning industry and usher in new players such as tobacco companies and pharmacy chains.

"This whole election's very interesting," said Bruce Linton, the CEO and chairman of Tweed Marijuana Inc. "When you have a business that has the potential to see quite a lot of acceleration because of outcomes, you watch it more carefully."

Liberal leader Justin Trudeau has long promised to legalize and regulate marijuana if elected, while NDP leader Tom Mulcair has said his party would

decriminalize the drug immediately upon forming government.

Khurram Malik, an analyst at Jacob Securities, says the election of either the Liberals or the NDP could lead to less red tape for licensed medical marijuana producers.

The introduction of a recreational marijuana program could bring new players such as tobacco and liquor companies into the market, Malik added. Currently the industry is too small for the giants to bother with, he said.

"Big tobacco never comes in and starts from scratch," said Malik. "They always buy something, and then build it into something bigger."

THE CANADIAN PRESS

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## IN BRIEF

**Scots might vote again on independence: SNP**

The Scottish National Party (SNP) will set out the time-scale for another possible referendum on independence in its upcoming manifesto.

First Minister Nicola Sturgeon says the manifesto will include more details about how another vote may be "appropriate."

She stressed it was up to Scots to decide to have another vote, and she will only hold one if she thinks it would be successful.

THE ASSOCIATED PRESS

**Strong quake, no damage**

A strong earthquake shook communities along the Gulf of California on Sunday, but there were no immediate reports of damage.

The U.S. Geological Survey said the magnitude 6.6 quake struck at 1:14 a.m. local time at a depth of 10 kilometres (6 miles). The offshore epicentre was 48 miles (79 kilometres) south-southwest of Los Mochis.

It was preceded by two other earthquakes of magnitude 4.9 and 5.3.

THE ASSOCIATED PRESS

# Boat capsizes, at least 28 die

## EUROPE

## Hungary sets new record for asylum seekers crossing border

At least 28 people seeking a better life in Europe drowned Sunday as they attempted a wind-swept sea crossing from Turkey to Greece, while a record number of asylum seekers reached Hungary's border with Serbia just two days before the government vows to make it more difficult to cross.

Greece's coast guard said the 28, including four infants and 10 older children, died when their wooden boat containing more than 125 people capsized near Farmakonissi. The island lies midway between Samos and Kos, two of the favoured targets for smugglers sending thousands of people daily to the Greek islands.

Officials said 68 others were rescued while 30 more swam to the barely populated island. Coast guard officials said the boat may have been toppled in part because of wind gusts exceeding 50 kph (30 mph).

Sunday's tragedy came just a day after two other boats capsized and at least five people — four children and a 20-year-old man — were presumed drowned. The coast guard said they are still searching for those bodies.

In Hungary, army engineers crowned the top of the planned 174-kilometre (109-mile) border fence with razor wire as the government warned, from Tuesday onward, any asylum seekers caught breaking through the barrier would be arrested and charged.

Police said 4,330 were spotted crossing in the previous 24 hours, more than 700 higher than the previous one-day record, as trekkers strove to reach Hungary before the tougher

# 175K

This year, more than 175,000 people have passed into Hungary from Serbia, headed to Western Europe.

security measures take effect.

This year, more than 175,000 have passed through Hungary from Serbia en route to Western Europe, and the government of Prime Minister Viktor Orban says it's determined to make Hungary a more difficult challenge, with deployments of troops and potential prison terms part of the deterrent.

Hungary's lawmakers have not voted yet on whether to back government plans to deploy more than 3,000 troops in support of border police, but dozens of soldiers already were patrolling the fence Sunday.

THE ASSOCIATED PRESS



**Sohrab Naveed, 1, whose family comes from Kabul, Afghanistan, is held by his mother while waiting with others to board a bus after crossing the Serbian-Hungarian border on Sunday.**

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

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## NEW DELHI

## Man sought after deadly blast

Police in central India were looking Sunday for a man blamed for a massive explosion at a restaurant that killed 90 people, as angry residents protested the way the authorities were handling the case.

A cooking gas cylinder exploded at the restaurant Saturday morning, triggering a second blast of mine detonators stored next to the establishment, located in the town of Petlawad in Madhya Pradesh state.

The state's top elected official, Chief Minister Shivraj Singh Chouhan, faced about 50 angry

protesters when he visited the site. The protesters, shouting slogans and waving black flags, forced Chouhan to step out of his car and listen to their complaints against local authorities.

Police officer Kamlesh Bamananiya said the protesters were angry Petlawad police had failed to arrest Rajendra Kashawa, a contractor who was accused of illegally storing the detonators.

Bamananiya said Saturday that Kashawa had died in the explosions. But on Sunday, he said police had information he was absconding. Police have filed

a case of criminal negligence against Kashawa and are looking for him, Bamananiya said.

Kashawa had been given a license to purchase detonators for his business of digging wells, but had stored the detonators illegally in a room adjacent to the restaurant, Bamananiya said.

The restaurant, next to the town's main bus station, was crowded with people.

The building where the restaurant was located and an adjacent building were destroyed in the explosions.

THE ASSOCIATED PRESS

## CRIME

## Gem of a plot foiled by doctor

The good news for the Chinese visitor to Bangkok was that a doctor had successfully removed a foreign object from her large intestine that could have harmed her.

The bad news: It was a 10-million-baht (\$278,000 US) diamond the woman was accused of stealing from a jewelry fair, adding a piece of rock-hard evidence to the case against her.

Police Col. Mana Tienmaungpak said Sunday that authorities got to the bottom of the theft when a doctor wielding

a colonoscope and the medical equivalent of pliers pulled the six-carat gemstone from the large intestine of the woman after nature and laxatives failed to get it out.

The woman and a Chinese man were arrested Thursday night at Bangkok's Suvarnabhumi Airport on their way out of Thailand on the basis of surveillance video from the fair just outside Bangkok, where earlier that day the duo allegedly switched a fake stone for the real one after asking

to inspect it. The dealer at the booth selling the diamond also identified the two.

The suspects initially denied involvement, but X-rays showed a diamond-like object in the woman's intestine, and police said she then confessed.

Mana, the chief investigator for the case, said the woman agreed to Sunday's delicate operation after being told that the gemstone risked injuring her. The diamond's owner identified the stone after it was removed. THE ASSOCIATED PRESS



# NFL makes big data play

## TECHNOLOGY

### Tracking chips will provide coaches with real-time info

It won't just be bodies crunching on the NFL gridiron this season: teams and coaches will be getting data from every player with new technology unveiled on Friday.

Zebra Technologies, an Illinois firm known for barcode readers and inventory tracking, announced an agreement to install location-tracking sensors in the shoulder pads of NFL players. The tracking chips will provide data to coaches and players, as well as to armchair quarterbacks, to help analyze performance and what is going right and wrong on the field.

"These location-tracking devices from Zebra Technologies will provide real-time statistics for every movement of every player on every inch of the field in every NFL game this season," the company said in a statement.



Sensors in the shoulder pads of players will transmit details to team officials and armchair quarterbacks alike, to help analyze what is going right and wrong. TIMOTHY A. CLARY/AFP

The systems rely on RFID or radio frequency identification technology, similar to what is used by manufacturers and retailers to track the location of merchandise and manage inventory.

Zebra installed RFID receivers

in all 31 stadiums used by the NFL.

These receivers are pinged by coin-sized tracking sensors on each player to identify the location, motion, and direction of every player throughout a game.

"These sensor tags can blink up to 85 times per second and transmit motion within 120 milliseconds," the statement said.

"If a quarterback is being tightly pressured, the solution will tell the story of exactly

**"If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where."**

Zebra Technologies

when and where."

Zebra, which tested the system last season in 18 stadiums, said the technology "is giving the NFL more of this intelligence and insight into their game than ever before, including player distance travelled, maximum and average speeds, and accelerations and decelerations."

Fans watching on television will also have access to the data with live broadcast graphics.

The season for the most popular U.S. sport opened Thursday with a 28-21 win by the Super Bowl champion New England Patriots over the Pittsburgh Steelers.

AFP

## EURO CURRENCY

### No new terms for Greece

The head of the euro currency group of countries has ruled out any renegotiation of the massive loan program meant to save Greece's economy, a week ahead of general elections there.

Greeks go to the polls on Sept. 17 with former prime minister Alexis Tsipras seeking a stronger mandate to implement unpopular reforms needed to secure the 86 billion euros (\$97 billion US) rescue program.

Eurogroup chief Jeroen Dijsselbloem said Saturday that renegotiation is "not possible" regardless of who wins "so work must continue" on reforms required to secure the loans.

Speaking after chairing a meeting of the 19-nation currency bloc, he said that finance ministers had not discussed any debt relief for Greece.

The International Monetary Fund insists on Greek debt relief before taking part in any new bailout.

THE ASSOCIATED PRESS

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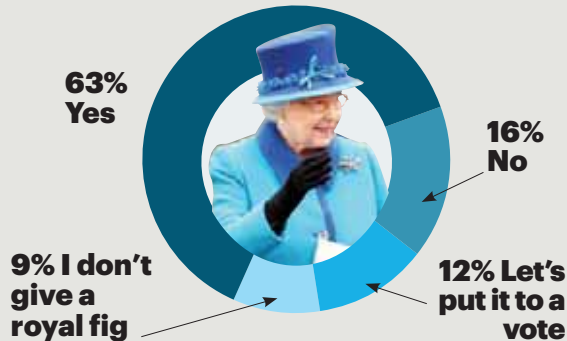
## Metro MONDAY POLL

# The Queen of controversies

Visit [metronews.ca](http://metronews.ca)  
every Friday to  
have your say.

**Send her** victorious / Happy and glorious / Long to reign over us ... or not. Queen Elizabeth II is now Britain's longest-ruling monarch, and Canada's too; breaking Queen Victoria's record of 63 years, seven months and two days on the throne. But while some Canadians can't wait for their favourite young royal couple to occupy Buckingham Palace, others would prefer to ditch the monarchy in favour of a U.S.-style republic — though making that happen would require the consent of all the provinces and could reopen the thorny constitutional debate. We asked our readers if they think the Crown is a royal pain, or if they're happy to see the Windsors reign.

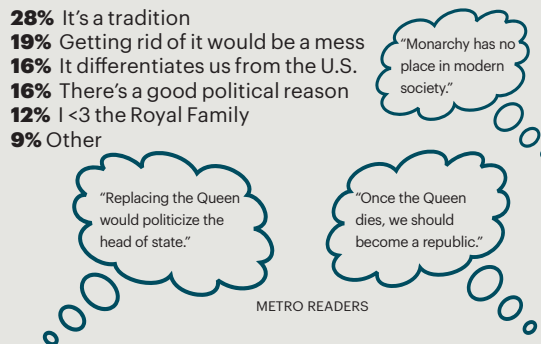
### 1 Do you want Canada to remain a constitutional monarchy?



### 2 What do you think will be the future of the Crown in Canada?



### 3 If you want to keep the monarchy, why?



# The dirty decision to pause 'polluter pay'

## HALIFAX MATTERS

Stephen Kimber



What a difference a minister makes.

When he was Nova Scotia's minister of the environment, Randy Delorey presided over a public consultation process to determine what Nova Scotia should do next about the stuff we throw out.

His department received 260 written submissions, the majority of which focused on what environmental bureaucrats like to call "extended producer responsibility," (EPR) and the rest of us think of as "polluter pay."

The idea essentially is to shift the financial burden for "end-of-life management of post-consumer products" — don't you love

bureaucrats? — from hard-pressed municipalities to producers and consumers. We're talking engine oil, tires, batteries, electronic equipment, hazardous waste, pharmaceuticals, paper packaging, etc.

The idea isn't new. European countries began doing it in the early 1990s, and today there are what are called "product stewardship initiatives" all over Europe, in Japan, Korea, Taiwan, Australia, the United States and... yes, Canada.

Six years ago, Nova Scotia signed on to a Canada-wide action plan on EPR with the country's other provincial environment ministers.

Because we hadn't followed up, Delorey explained in a March report, "Nova Scotia is missing out on opportunities to offset waste management costs and increase diversion." He said his department was prepar-

ing EPR regulations. Department officials confirmed this summer they were on track to publish them this fall.

And then...

In late July, Delorey was named finance minister.

His replacement: Andrew Younger. You remember Andrew Younger. As energy minister, he gleefully oversaw the gutting of Efficiency Nova Scotia, the successful, widely praised, independently funded energy-consumption-reducing organization. In its place he created Efficiency One, a lower-power-rates-and-damn-the-consequences creature from the Liberal-election-promises lagoon.

Now, less than two months after his new appointment, Younger is already backing away from his predecessor's commitment on EPR. Younger didn't even make the an-

nouncement himself. He left that to his gloating allies at the Canadian Federation of Independent Business.

The lobby group, which doesn't like polluter pay, issued a news release explaining Younger had "met with the Canadian Federation of Independent Business to say that the government has decided to 'pause' implementation of Extended Producer Responsibility (EPR) in Nova Scotia."

Forget public consultations. Forget the environment.

Nice to know who really runs our environment department.

**Stephen Kimber** is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

## ROSEMARY WESTWOOD

### metroview

# The taboo against saying you were raped is dwindling

Early this year, a friend worried rape would — post-Jian Ghomeshi — disappear from the news, and be forgotten.

I disagree. It may not make headlines every day, but we've crossed a threshold into a world where a young woman like Aspen Matis not only feels bold enough to write a memoir revealing her own rape on the second day of college, but a world where we're keen to listen. Whatever taboo exists around saying you were raped is dwindling, and it should taper further with this book.

"I found it really cathartic and empowering to be able to take something so terrible that happened in my life, and turn it into art, and process it, and turn it into something beautiful — hopefully beautiful — that could be of use in the world," Matis told me.

Now 25, she was 19 when she was assaulted in her own dorm room by a fellow student. Nineteen, too, when she began hiking the 4,286-kilometre Pacific Crest Trail, a sojourn she recounts in her book, *Girl in the Woods*, which is being released tomorrow.

Part adventure memoir, part rape memoir — the latter having all but become its own genre, as more women decide to recount the breadth and scope of a single rape.

There are snow and mountains, food dwindling to a few cashews, life-or-death moments. There is the spectre

of the rape. But looming over both is a woman's desperate search for her independence.

Matis grew up dependent on her mother. The rape, she told me, felt like a confirmation that she really was incapable for caring for herself. Then, her parents didn't want to talk about it. Her campus' response was woefully inadequate. The rape became a secret that weighed like a cramp, a "dark pearl in your gut." She first published an essay about the rape in the *New York Times* in 2012, and it helped shrink her guilt. The book has gone further.

"The shame is not on me, that's misplaced shame," she said. "Shame on him."

Written in full exposure of her own weaknesses, with stream-of-consciousness narration, the book explores the struggle for self-love that we all go through, but that becomes, for a rape victim, essential.

"The rape was not the end of my life, it was the beginning of something bigger. That was a really exciting discovery," she told me.

Matis said she hopes the book helps other rape survivors find their voices, in whatever way they can, and add to this new culture of transparency around sexual assault.

"You are never the only one," Matis said. Proof the frank talk of rape is here it stay.

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## PHILOSOPHER CAT by Jason Logan

HE WHO OPENS  
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# Are we ready to be Martians?

## SCIENCE FACT

### NASA's adviser for The Martian on reaching the Red Planet

Ned Ehrbar  
Metro | TIFF



The Martian offers a tantalizing — if harrowing — glimpse into what the future of space exploration holds, but how close are we really to commencing manned missions to the red planet?

NASA's planetary science division director Jim Green, who served as a technical adviser on the film, lays out what it will really take for us to get our asses to Mars.

#### Getting to Mars:

"What you probably aren't really aware of is we're developing a whole series of technologies, not only from the technology organization at NASA but the Science Organization and Human Exploration Organization. They each have various aspects of the journey to Mars, to be able to meet at the end and make something happen in the 2030s and 2040s," Green says.

"For instance, Human Exploration is building the SLS, the space launch system, which is even more capable than the Saturn 5. That will get, with the Orion capsule, the astronauts to Mars. In addition to that, from a scientific perspective,



We are still long away from getting marooned on Mars, like Matt Damon does in *The Martian*. CONTRIBUTED

we have a whole variety of missions to Mars, and we're going to continue to do that over the next couple of decades. With those missions, we look at various areas that would support habitats and what we would do in living and working on Mars. And so we're really moving ahead in finding out everything we can about Mars that would support human exploration in addition to understanding Mars as a terrestrial planet.

"And then in the technology area they're building the ion engines. They're building these

25-kilowatt ion engines that will haul tens of tons of material back and forth to Mars. And a lot of that technology is being built right now but you're just not aware of it. But that's where we're going. We're going to Mars. We're at the stage where Mars actually is our next step."

#### But these things take time:

"History repeats itself in many ways, and there was a hiatus between the time we stood down on the Saturn 5s and actually when we got the shuttle going," Green explains.



**We're going to Mars. We're at the stage where Mars is actually our next step.**

NASA planetary science division director Jim Green

"And it's because NASA has a certain budget and it has a certain phasing that has to go on, and you have to be able to retire something to be able to

free up the additional money to be able to invest in and build and complete the next set of things that you're doing, and that's true with SLS."

#### But we still love the moon, don't worry:

"The moon, as an important part of our solar system and our Earth, is really a staging ground. It's an area where we're going to approve a variety of technologies before we go to Mars," Green says.

"It will probably be an area where we're going to go back and forth to Mars and we'll have a small weigh station, if you will, at the moon. So the moon will still play a very important part of our steps. So it's not like we're going to ignore it."

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## JOB SEARCH TIPS

# PhD students: Don't lock yourselves in an Ivory Tower



PhD candidates may need to think outside the box when it comes to finding a job. ISTOCK

Thinking about getting a Ph.D? Most experts will tell you it's a bad idea. The average doctoral student takes about eight years to complete her degree — if she finishes it at all. And even when they do, well, it's no guarantee they'll get a decent-paying job.

"Universities have stopped hiring tenure-track professors and have replaced them with adjuncts," says Karen Kelsky, author of the new book *The Professor Is In: The Essential Guide to Turning Your Ph.D. Into a Job*. Those adjuncts receive what she calls "Wal-Mart wages."

That's why Kelsky — a former tenured professor and department head who has taught at the University of Oregon and the University of Illinois at Urbana-Champaign — started her blog, *The Professor Is In*. "My graduate students were desperate and scared about this job market yet weren't

getting the information they needed to deal with it." Since then, she's launched a consulting business, helping more than 4,000 clients get jobs.

We asked her for some of her tips.

## Don't get obsessed with your thesis

Graduate school isn't just about doing research: it's also about getting a job. "Students forget that and get obsessed with their research project — which makes sense! — but you have to remember that people go to graduate school because they imagine they're going to have a career at the end of it," says Kelsky.

That means: start surveying the job market from Day 1 of school. "Look at the job ads and ask: 'What kinds of jobs are available, what are employers looking for?'" Kelsky suggests.

## Think of your thesis as a means to a job

Still, your dissertation is very important, and having the right topic is key. "It should be timely and about something your field considers important or relevant," says Kelsky.

## Network

Sure, academics may not be known as social butterflies, but that doesn't give them an excuse to shut themselves in their Ivory Tower. They have to hustle. "Relationships are the core to hiring," says Kelsky. "While you're in school go to your field's major national conference and present a paper at it. Later organize a panel at it. That's how you network."

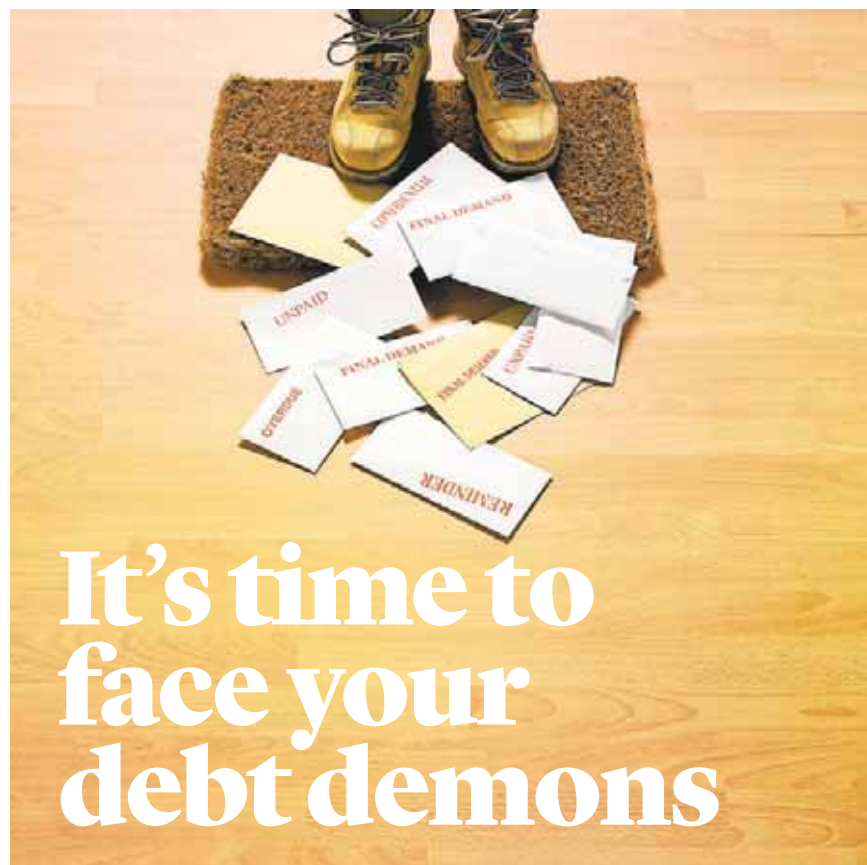
## Keep your options open

Just because you're in graduate school doesn't mean you have to go into academia. After all, Ph.D. candidates have many skills that are valued in all different kinds of job markets — from public speaking to statistics to writing on deadline.

"I understand that it can be very painful and difficult to let go of the identity of professor or academic because a Ph.D. takes so many years," says Kelsky.

"But if you do it this whole world opens up to you and you see all the skills you have and all the directions you can go. So I encourage people to do that even while they're in grad school before it's forced on them by sort of a crisis situation."

RAQUEL LANERI/METRO



# It's time to face your debt demons

## FINANCIAL FUTURE

## Look at the hard facts, then put down a plan of action

Gail Vaz-Oxlade  
For Metro Canada



The biggest barrier people face in getting to debt-free forever is believing they can. After being in debt for a while, you might actually begin to believe debt is "normal." And if your friends and family think debt is a way of life, you're more likely to accept debt as part of your life. But it doesn't have to be. You can be debt-free. And you must, if you want to have a healthy financial future.

It's scary just how much debt we are carrying. With low interest rates and access to easy credit, Canadians now owe \$1.63 for every \$1 in income they earn. That's an average. I have no debt, so someone's carrying my share. And if you have no debt, someone is carrying your share too. It's the people with debt — and consumer debt like lines of credit and credit cards are the worst — that are up to their eyes in alligators. According to the Bank of Canada back in March, about 1.5 million Canadians are extremely indebted.

Getting into debt is easy. Lose a job or watch as your hours are cut back at work and out come those credit cards. Using credit just seems like a natural option.

Watch your car die on the highway or your furnace give up the ghost in the middle of winter and the idea of putting whatever you need on a credit card and carrying a balance takes a back seat to handling the big problem.

Whining about our debt has become a national pastime. I get hundreds of letters every month from people who are deeply in debt and don't know what to do. Each ends with a plea for me to help them. It's almost as if people believe I have a magic wand that I can wave and make the debt go away.

There is no magic.

There's the reality of facing up to the mess. There's the hard work of making a plan and doing whatever it takes to make the plan work. And there's the habit of living within your means.

First, you're going to make a list of your debt. (For the purposes of this exercise we're leaving mortgages off the list.) Then you must figure out your minimum payments. Next, figure out what your debt has been costing you (you're gonna puke, so have a bucket close by). Calculate what your repayments amount must be to actually get the hell out of debt. And, finally, snowball your payments to get to debt-free faster.

When you make your debt list, be sure to include the interest rate you're paying on that debt, the total amount you owe and the minimum payment you're required to make to keep your credit history healthy.

This list is going to help you prioritize where you'll make

## \$ A NEW NORMAL

### Focus on getting out of that hole

If you are so far in debt that indebtedness has come to feel like the norm, it's not. Debt means no control, no way to bounce back from whatever pile of poop is reaching up to grab your foot. The sooner you move past "managing your debt" and becoming debt-free, the healthier you will be.

your payments. The minimum on a credit card is on your statement. On a loan, it's the payment amount you agreed to. On a line of credit, it's usually the interest accumulated for the month plus a couple of bucks. If you owe taxes, it's the amount you owe divided by 12. If you're into overdraft, it's the amount you owe divided by 6. If you have a Home Buyer's Plan loan, it's 1/15 of what you originally took out, divided by 12 (for the minimum monthly).

The next step is to add up what you owe. Until you come face-to-face with how much you owe in total, you're not facing up to the mess you've made. If your stomach is churning, it means you're healthy... you know you've made a mess.

We're not done yet. There's work still to be done. Take a breath. We'll take the final steps next week.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

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# Mooseheads drop pair to open season

QMJHL

## Head coach still upbeat despite road setbacks



**Philip Croucher**  
Metro | Halifax

The Halifax Mooseheads opened a new QMJHL season without a win, but head coach Dominique Ducharme is staying focused on the positives.

Those include being in both of the two road games they played on the weekend — a 4-3 shootout loss to the Charlottetown Islanders on Friday, followed by a 5-2 setback to the Saint John Sea Dogs at Harbour Station on Saturday.

Charlottetown and Saint John are considered amongst the favourites to challenge for the Maritimes Division this season, while many people see Halifax as a middle-of-the-pack club.

"There's a lot of things we did well on the weekend," Ducharme said back in Halifax on Sunday.

"We trust the way we play, and we'll just keep working at it. We're confident the results will come."

The Mooseheads hung with the Islanders all night and were able to earn a single point on goals from rookies Ilya Putintsev and Otto Somppi, along with veteran Vincent Watt.



**Mooseheads rookie forward Ilya Putintsev celebrates his first Quebec Major Junior Hockey League goal, Friday in Charlottetown.** CHARLOTTETOWN GUARDIAN

Somppi finished with three points, along with Maxime Fortier, who had three helpers. Putintsev added an assist for a two-point night.

Netminder Eric Brassard finished with 36 saves. The next night in Saint John, the Mooseheads were only down 3-2 midway through the third, but two late goals by the Sea Dogs put the game out of reach.

Danny Moynihan had a goal and assist to lead the Mooseheads, with his brother Connor Moynihan potting the other marker.

Putintsev had an assist to give him three points to begin his QMJHL career. Somppi was held off the scoresheet.

"They got a taste of the level play in the regular season," Ducharme said of the two talented rookies. "Overall I thought they did a good job. It's a starting point."

Halifax, which has yet to win this season after losing five games in the pre-season, is now gearing up for its first two games at home — Friday against the Bathurst Titan and Saturday versus the Sea Dogs.

The puck drop for both games is 7 p.m. "Starting at home is a different challenge," Ducharme said. "You don't want to try and do too much at the same time. You have to keep your focus. It's easy to get lost in the excitement."

## IN BRIEF

### Huskies routed in opener

The Saint Mary's Huskies proved no match for the reigning AUS football champions.

The Huskies were dumped 38-6 on home turf to begin the new season Friday night, trailing 33-0 in the third quarter before getting on the board.

Saint Mary's managed only 191 yards in total offence and committed three turnovers.

The Huskies, who went 0-8 in 2014, travel to St. Francis Xavier next Saturday to face the X-Men who lost 31-5 to the Acadia Axemen in Week 1. METRO

### Ko youngest major champ after winning French event

Lydia Ko won the Evian Championship on Sunday to become the youngest major champion in LPGA Tour history.

The South Korean-born New Zealander closed with an 8-under 63 for a six-stroke win over Lexi Thompson at the final major of the season.

Ko is 18 years, four months, 20 days old. She broke the record set by American Morgan Pressel at 18 years, 10 months, nine days in the 2007 Kraft Nabisco Championship. THE ASSOCIATED PRESS

MLB

## First-place Jays miss out on sweep

Masahiro Tanaka pitched like the ace the Yankees needed him to be, allowing four hits over seven innings to lead New York over the Toronto Blue Jays 5-0 Sunday and stop his team's five-game losing streak.

Dustin Ackley homered and had three RBIs for the Yankees, who closed back within 3-1/2 games of the AL East-leading Blue Jays with 20 games left.

Toronto had won the first three games of the four-game series, but the Yankees sent R.A. Dickey (10-11) to his first loss since before the All-Star break. The Blue Jays and Yankees play three more times in Toronto from Sept. 21-23.

The Jays said before the game that All-Star shortstop Troy Tulowitzki will miss at least two weeks after cracking his left shoulder blade in a collision in the opener of Saturday's double-header. Edwin Encarnacion was held out after aggravating a finger injury Saturday.

### SUNDAY In New York

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"It's a very small crack," Toronto general manager Alex Anthopoulos said of Tulowitzki. "Just talking with the doctors, if they had to guess, and really it's only a guess at this point, it could be two-to-three weeks and then he could be back for October."

THE ASSOCIATED PRESS



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# Rams stuff Seahawks in overtime

NFL

## St. Louis takes down NFC champion in season opener

Needing a yard again, Seattle handed off to Marshawn Lynch this time. It still didn't work.

The Rams stopped the running back short of a first down, making Greg Zuerlein's 37-yard field goal in overtime decisive in a 34-31 victory Sunday.

St. Louis survived an 18-point fourth-quarter rally by the Sea-

**6**  
The Rams sacked Russell Wilson six times, with Aaron Donald and Robert Quinn getting two apiece.

hawks, who famously passed from the 1 in last February's Super Bowl and were intercepted by New England to lose.

Down 31-24 with 53 seconds left, the Rams tied the game after Seahawks defensive back Dion Bailey stumbled on Lance Kendricks' 37-yard touchdown

catch. Cary Williams' strip of Nick Foles and eight-yard return had put Seattle up by a touchdown.

The Seahawks opened overtime with an onside kick; Bradley Marquez caught Steven Hauschka's popped-up attempt. Officials ruled the ball was kicked directly in the air, so Marquez was OK to signal for a fair catch. Foles hit Steadman Bailey for a 22-yard catch for the key gain to set up Zuerlein's kick.

The Seahawks then drove to the St. Louis 42, where the Rams defence stuffed Lynch on 4th-and-1 to end the game.

THE ASSOCIATED PRESS



Rams quarterback Nick Foles scores a touchdown past Seahawks linebacker Bobby Wagner on Sunday in St. Louis.

TOM GANNAM/THE ASSOCIATED PRESS

## + MORE SCORES

### Broncos ground Ravens

Denver safety Darian Stewart intercepted a pass intended for Baltimore Ravens tight end Crockett Gillmore in the end zone with 28 seconds left to seal a 19-13 win for Peyton Manning and the Broncos.

### Mariota bests Winston

Marcus Mariota made it look easy, throwing four touchdown passes and outplaying No. 1 overall draft pick Jameis Winston to lead the Tennessee Titans to a 42-14 season-opening victory over the Tampa Bay Buccaneers.

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# RECIPE Golden Beet, Fig and Arugula Salad



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I love using golden or orange beets because they are more tender and sweeter than the red beet, and won't leave the red pigment colour on the other foods they come in contact with. The combination of these beets, arugula and maple dressing is outstanding.

### Ready in

Prep time: 15 minutes

### Ingredients

- 3 cups packed arugula
- 2 large yellow beets, peeled, either spiralized or shredded
- 1/2 small red bell pepper, julienned (sliced thinly)
- 4 fresh figs, cut into quarters
- 3 Tbsp sunflower seeds

- 2 Tbsp olive oil
- 4 tsp maple syrup
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

### Directions

1. Place arugula and beets on serving platter. Add bell pepper, figs and sunflower seeds.
2. Dressing: Combine all ingredients and pour over salad.

### Nutrition per serving (recipe serves 4)

- Calories 170
- Protein 3 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 50 mg

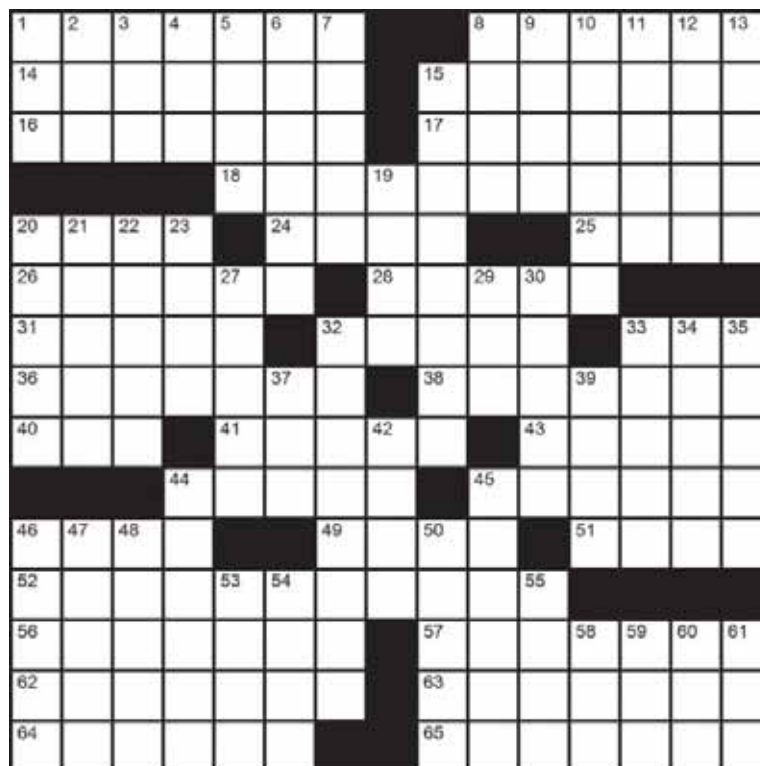
PHOTO: ROSE REISMAN

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BY KELLY ANN BUCHANAN

## ACROSS

1. Paper-folding art
8. Symbol for the restaurant at #19-Down
14. "Titanic" (1997) director James
15. Decathlete's spear
16. Clap
17. Most level
18. Endangered predatory fish, Atlantic
20. Design
24. "I will be \_ to pleading and excuses." - Prince in Shakespeare's Romeo and Juliet, Act III, Scene 1
25. Letters before ://www
26. Tedious listing of things
28. Cursed
31. Extreme
32. Gaze and gaze
33. Track circuit
36. Become less taut
38. Crisscrossed upper portion along a backyard fence
40. Name of one of '60s U.S. President Johnson's pet beagles
41. Web letter
43. Sounds off
44. Inference
45. Geological formation in the Alberta badlands that's pillar-shaped with a flat top
46. Wing-shaped
49. Military cap
51. Lacking
52. Reflection:



- 2 wds.
56. What leftovers are initially
57. Bamboozled
62. Venue's humans-in-chairs capacity
63. Wind-powered electricity maker
64. Intertwine
65. Letter be-

fore Zeta

## DOWN

1. Mozart opera, L' \_ del Cairo
2. Music style
3. Pixie
4. Collective
5. Dubai, United

\_ Emirates

6. Like furry food
7. Soon, \_ time
8. Rikki-Tikki- \_
9. Pizzeria need
10. Creme de \_ (Grasshopper cocktail ingredient)
11. Language of Alaska

12. Ain't, posh-style

13. Available for pouring: 2 wds.
15. Canadian photographer whose works are part of the Vancouver Art Gallery's permanent collection: 2 wds.
19. \_ Side Mario's (Canadian restaura-

- rant chain)
20. Lavish
21. City in northern France
22. Petal product in perfumery
23. Drug deal buster, commonly
27. Free from fashions of any sort
29. "...man \_ mouse?"
30. 1980s styles, now
32. In-between-meals activity
33. Ms. Hamilton (Actress who was married to the Canadian at #14-Across)
34. 'A Heritage in Leather' community in southwestern Ontario
35. Monetary units in Mexico
37. Down Under bird
39. New Mexico art colony
42. Particular
44. Printers' mistakes
45. Elevated: 2 wds.
46. Charm
47. \_ closet (Hallway spot)
48. "He's \_ Nowhere Man..." - The Beatles
50. Sticky stuff
53. Ear-related
54. Ms. Russo of movies
55. Corn units
58. "The X-Files" org.
59. Tuesday's partner (1980s band)
60. Antacid brand
61. Lair

# ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
The final piece of a puzzle will fall into place over the next two or three days. Once you can see the entire picture you'll know why it took so long to make sense of it.

**Taurus** April 21 - May 21  
Something you say may confuse other people. Try to see things from their point of view, then explain using plain and simple language.

**Gemini** May 22 - June 21  
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun. As far as romance is concerned a secret crush you have is unlikely to stay secret much longer.

**Cancer** June 22 - July 23  
You should follow a course you have navigated profitably before rather than set out in a new direction. Despite what some may say, there is no need for any type of major change.

**Leo** July 24 - Aug. 23  
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

**Virgo** Aug. 24 - Sept. 23  
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. It may seem a bit silly at the present but it will soon make perfect sense.

**Libra** Sept. 24 - Oct. 23  
Try not to criticize yourself for no reason. In fact, try not to criticize yourself even if there is a reason. If you made a mistake, learn from it quickly and move on.

**Scorpio** Oct. 24 - Nov. 22  
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but don't start a battle you cannot possibly win.

**Sagittarius** Nov. 23 - Dec. 21  
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? How can you make it pay? It's not selfish to think that way — it's just common sense.

**Capricorn** Dec. 22 - Jan. 20  
Why are you worrying for no good reason? The planets indicate that nothing will happen without your agreement and your say-so.

**Aquarius** Jan. 21 - Feb. 19  
Try not to be too judgmental of people whose beliefs and lifestyles differ from your own. Yes, maybe the world would be a better place if everyone was just like you but that isn't going to happen, so get over it.

**Pisces** Feb. 20 - March 20  
You need to resolve a dispute with a loved one or work colleague now. If you let the situation fester for even one more day it may move beyond the point where it is easily rescued. Say sorry, and move on.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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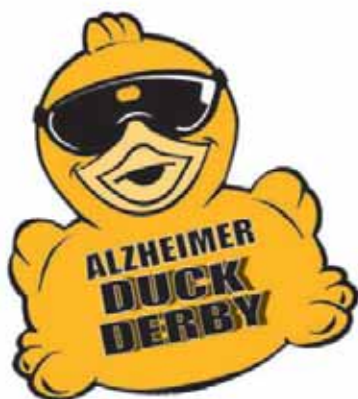
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